

YOUR TICKETS AND GUIDE

to the XX Commonwealth Games



This Guide will help you prepare for an enjoyable trip to the Games. To ensure that you have a great day out, we're adding to your public transport, walking and cycling options.

It's important to note that venue configurations and security will also be different from usual, so make sure you plan your travel carefully and allow plenty of time to get into your venue. We look forward to seeing you there!

Take the time to read your
Essential Venue Guide:
glasgow2014.com/venues

Request a printed Essential Venue Guide
or regulations for your venue:
030 3333 2014

Look out for travel updates:
glasgow2014.com/transport

PLANNING YOUR DAY

Check your tickets

Your tickets are contained in the pocket on the inside front cover of this Guide. Check each ticket now to make sure the event and session date are correct, and note your Gate Opening and session start times. Store your tickets in a safe place.

In some cases, unforeseen circumstances could cause changes to sessions. We'll email you with any updates to start times, postponements and cancellations, but do also keep an eye on the website.

Read your Essential Venue Guide

Your Essential Venue Guide (available online) will give you all the important information you need on the travel, restrictions, facilities and nearby attractions specific to your venue.

If you can't access your Guide online, you can request it in print on 030 3333 2014.

Please make sure you read it before setting off for the Games.

Allow enough time

Remember, at Games Time, Glasgow will be bustling with people. Transport networks will be busy and security screening will mean that it may take slightly longer than usual to access your venue. Give yourself plenty of time to travel to your venue and pass through the security checks.

Aim to arrive at the venue around the Gate Opening time specified on your ticket. This is usually between 60 and 120 minutes before your session starts, but is earlier for the Opening and Closing Ceremonies.

Look out for session updates:
glasgow2014.com

Read your Essential Venue Guide:
glasgow2014.com/venues

Find more information on travel:
glasgow2014.com/transport

PLANNING YOUR TRAVEL

Wherever you're coming from, you should plan and book your travel now.

We recommend that you use public transport wherever possible for your journey to the Games, as roads will be busy. If this is not convenient for your particular journey, go to glasgow2014.com/transport to book a place on our Park & Ride service, as there will be no parking near venues for spectators (except for Blue Badge holders).

Once you're in the area near your venue, you can walk or cycle as well as using the local public transport included in the price of your ticket*.

Dedicated shuttle buses to certain venues are covered by your Games ticket. Cycle parking is available near all venues on a first-come, first-served basis, as are a number of pre-bookable Park & Ride spaces for some venues.

Pre-bookable accessible transport options are available for spectators with an impairment or disability, including accessible shuttle buses and parking for Blue Badge holders.

Accessible transport places are limited, so will also be allocated on a first-come, first-served basis.

Glasgow and North Lanarkshire

Glasgow is compact and venues in the city can be accessed easily on foot or bike, or via bus, rail and Subway from the city centre.

Our Park & Ride service will be available for Cathkin Braes Mountain Bike Trails and Strathclyde Country Park (North Lanarkshire).

Edinburgh

The Royal Commonwealth Pool is a short walk or cycle from Edinburgh city centre.

Carnoustie

We recommend walking or cycling to Barry Buddon Shooting Centre from Carnoustie train station, or using Park & Ride. The Park & Ride car park is located near Carnoustie station.

Have a look over the maps for your venue, including recommended travel routes:

glasgow2014.com/venues

Find out more about travelling to your venue, booking dedicated Games transport services, accessible transport options and the local public transport included in your ticket price:

glasgow2014.com/transport

Tailor your journey from anywhere in the UK on the Traveline Scotland Journey Planning App: travelinescotland.com

*The inclusion of public transport with Games tickets does not apply to Corporate Hospitality ticketholders.

TOP TIPS

Don't forget your tickets

Store them in a safe place until the Games.

Read your Essential Venue Guide

The venue layout, entry points, exits and transport options may be very different from usual. Before setting off for your event, look up the Essential Guide for your venue at glasgow2014.com/venues or request a printed copy on 030 3333 2014.

Allow plenty of time

Plan ahead, book your travel tickets if necessary, and make sure you know how to reach your venue. Allow lots of time to travel to your session and to pass through the ticket and security checks. Think about building in walking times, and about walking or cycling shorter journeys.

Use public transport

Local public transport is included in the price of your ticket, for the full day of your event. All you have to do is present your Games ticket. Look out for the dedicated shuttle services available to some venues to help you make the most of your day.

Leave your car at home

Driving isn't recommended – roads will be busy and subject to closures and other restrictions. With the exception of parking for Blue Badge holders, there'll be no parking or set-down/pick-up points for private cars. On-street parking over a wide area around each venue is reserved for local residents and businesses.

In many cases, walking to or from your event may be the easiest option, as public transport will be busy. Cycling may also help to cut your journey time and let you enjoy the Games Time buzz along the way.

Pack for the day

Make sure you have your ticket, cash and a debit/credit card for anything you want to buy. Bring essential medication in a container under 100ml in volume. (Your sunscreen container can be 200ml or under.) Each spectator may also bring a small amount of food and a non-alcoholic drink of 500ml or under.

Check the weather forecast and be prepared for changeable conditions. Wear comfortable clothes and shoes – particularly for outdoor venues. Will you need an anorak for Barry Buddon? Sunglasses for the Lawn Bowls? You might want binoculars to bring you even closer to the athletes and the action!

Prepare for security screening

All venues will have an airport-style screening process in place. Have your ticket, belongings and pocket contents ready for inspection and follow the advice of the security staff to keep the queues flowing smoothly. For faster entry, leave bags and restricted items at home.

Alcohol and glass are not permitted into venues, and any drinks containers should be no greater than 500ml. If you need to bring a bag, it must be soft-sided and small enough to fit under your seat (approximately 30 x 20 x 20 cm / 12 x 8 x 8 inches).

All entry points and security screening areas will be accessible for people with disabilities.

Be waste wise

We urge you to follow the 'Zero Waste' principles: reduce, reuse and recycle. Bins on venue will be marked to help you put the right rubbish in the right bin. This will in turn help us make sure we recycle as much as possible, and prevent your waste from going to landfill.

AN ACCESSIBLE GAMES

Accessibility at venues

Glasgow 2014 is committed to providing a positive and inclusive experience for spectators. Our staff and volunteers will take all reasonable steps to provide support to those with accessibility requirements.

Our Games venues are all very different, some being more accessible than others. Services available will differ by venue, but all venues offer accessible secure entry points, accessible toilets, and facilities for assistance animals.

Each Essential Venue Guide provides specific information about accessible facilities and services, where available, including: wheelchair loan, mobility buggies, assistive technology such as hearing loops, accessible and Changing Places toilets, and accessible transport options.

If you have a query about accessibility at a particular venue, call 030 3333 2014, or email contactus@glasgow2014.com

Accessible transport

Limited wheelchair and Blue Badge parking spaces are available at or close to venues for spectators who hold a valid Blue Badge or recognised international disability permit. Pre-booking is essential at all venues to guarantee your space.

Pre-bookable accessible shuttle services are also available from some train stations close to venues. Each venue will have a designated drop-off point for accessible taxis.

Please note that the Glasgow Subway is not regarded as accessible due to the high number of steps in its stations.

Pre-book an accessible parking space or place on an accessible shuttle bus:
glasgow2014.com/transport

See your Essential Venue Guide for specific details of accessible parking sites, shuttle buses and taxi drop off points:
glasgow2014.com/venues

SUPPORTING THE SPORT



As well as the sporting action, there are many ways to get involved and join the party.

Let's hear you

You have already joined us in supporting Scotland as a world-class destination for sport. Now we can't wait to welcome you to cheer on the athletes as they go for Gold.

Find out about all of the Commonwealth teams and athletes: glasgow2014.com

Let's hear it for the batonbearers

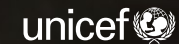
Nominated by friends, employers and communities for the difference they make to those around them, the stars of the Queen's Baton Relay could be passing through an area near you in celebration of sport, peace and diversity.

Check out the route: glasgow2014.com/baton-relay

Let's explore Glasgow

Visit the big screens and markets as part of Festival 2014 (19 July–3 August 2014), or take to the streets to witness three citywide sporting spectacles: the Marathon (27 July), Cycling Time Trial (31 July) and Cycling Road Race (3 August).

Let's make a difference



UNICEF and Glasgow 2014 have joined together to Put Children First and make the Games life-changing for children in Scotland and across the Commonwealth. You can support the Put Children First appeal at: unicef.org.uk/glasgow14 or text CHILD to 70800 to give just £3*.

Donations will help provide life-saving food and vaccines and give children the chance to take part in sport – many for the very first time.

*You will be charged £3, plus one message at your standard network rate. A minimum of £2.97, depending on your service provider, will be received by UNICEF UK.

JOINING THE FESTIVAL

Festival 2014 is a massive Games Time celebration running alongside the sporting action. Glasgow will be transformed as entertainment and culture fill the city's streets, stages and spaces.

The programme will feature a mix of theatre, dance, music, storytelling, visual arts, comedy and outdoor spectacles. The main Festival hub will be at Glasgow Green, and along with Merchant City, Kelvingrove Bandstand and BBC@theQuay, will offer live big-screen sport, food fairs, Commonwealth culture and music.

Even if you don't have a Games ticket – if you have time to spare, come along and join the party!

Highlights include:

Perch – a spectacular aerial performance on stages high above the streets in Scotland, Australia and Brazil.

The River – a dance extravaganza inspired by historic and personal journeys between Commonwealth countries and presented by Barrowland Ballet.

Sound to Sea – an outdoor gala performance by Cryptic on the water and banks of the River Clyde, celebrating Glasgow's history, industry and beauty.

Mela at the Green – a celebration of South Asian cultures, bringing together international performers with local talent from Glasgow's diverse communities.

News Just In – a nightly satirical show from Random Accomplice set in a fictional media office at Glasgow 2014.

Festival 2014 Club – the perfect way to end your day at the Games, featuring a late and live mix of the best of the Fest.

Find out more:
glasgow2014.com/culture

Image ©iStock.com/Maxiphoto

EXPLORING GLASGOW

There has never been a better time to visit Glasgow. You'll find a city that is bold, creative, flamboyant and warm. Most of all, it will make you smile.

Museums and galleries

Find inspiration in a vast array of art, from the grand collections of Kelvingrove Art Gallery and Museum to contemporary exhibitions at Trongate 103.

Retail therapy

Explore the city centre's Style Mile, or venture west for one-off vintage treasures on Ruthven Lane.

City dining

Glasgow enjoys a cosmopolitan café culture by day and a restaurant scene that comes alive at night. For inspiration, search: glasgowdinearound.com

Charles Rennie Mackintosh

Mackintosh's works are unique to the city and The Glasgow School of Art, his masterpiece, is a must-tour.

Dear Green Place

Rest your feet in one of Glasgow's beautiful Victorian parks, or stroll amid elegant Georgian landscaping at Pollok Park or Greenbank Garden.

Live music

This UNESCO City of Music offers it all – from the Royal Scottish National Orchestra at the Glasgow Royal Concert Hall to the Barrowland, Scotland's premier rock venue, if you really want to let your hair down.

Historic Glasgow

Learn about the city's beginnings within the ancient Glasgow Cathedral, before absorbing the panoramic views from the Glasgow Necropolis.

The River Clyde

Take a walking tour along the Clyde Walkway, or join a cruise on the Waverley, the last sea-going paddle steamer in the world.

Find out more:

Official Glasgow Guide app
(free from iTunes and Google Play)
peoplemakeglasgow.com

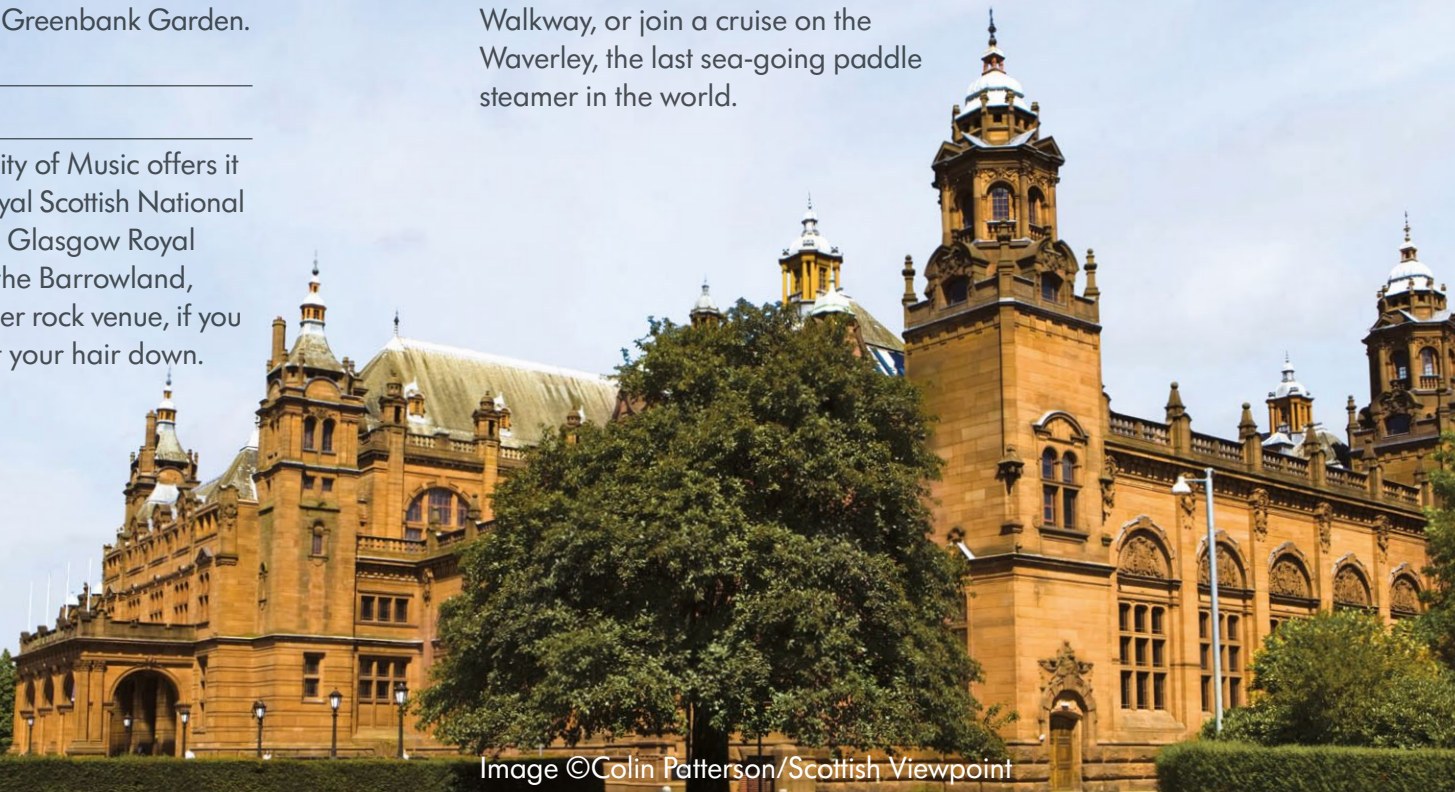


Image ©Colin Patterson/Scottish Viewpoint

DISCOVERING SCOTLAND

Our towns are steeped in history and our stunning landscapes are a stone's throw away. Take a trip, make some memories and discover what makes Scotland so special.

Breathtaking walks

Get your boots on and admire the magnificent views from the new John Muir Way between Helensburgh in the west and Dunbar in the east.

Adrenaline-packed activities

Hone your mountain bike skills at the 7stanes trails in the Scottish Borders, or test yourself on a white water raft near Fort William.

History and heritage

Step back in time at the iconic Edinburgh Castle, join a 3D army at the Battle of Bannockburn or explore the ruins of Urquhart Castle on the banks of Loch Ness.

Arts and culture

Soak up Scotland's vibrant theatre, dance and music scene, and immerse yourself in art and architecture. Round off your Games experience with a visit to the capital for the Edinburgh Festivals.

Natural larder

Enjoy spectacular coastal scenery along the west coast Seafood Trail, and sample delicious fresh produce along the way.

Incredible islands

Island hop in the unspoilt Outer Hebrides. Lewis and Harris were recently voted the best island in Europe and among the top five in the world.

Inspiring events

The year of Homecoming Scotland 2014 is going to be a busy one, with more than 600 diverse events taking place across the country, including the Ryder Cup at Gleneagles.

Find out more:
visitscotland.com
[#brilliantmoments](https://twitter.com/brilliantmoments)

Image ©P.Tomkins/VisitScotland

SHARING THE EXPERIENCE



We're all part of the Glasgow 2014 story. Which moments will you never forget?

Whether you're adding your voice to the roar of a packed stadium, cheering on your team from a buzzing Festival hub, or joining the party on the city streets – we'd love to hear about your Games Time experiences.

Share your highlights on Facebook, Twitter and Instagram using #LetsHearYou2014 and don't forget to check out glasgow2014.com/join for more of the best news, stories, images and posts about the Games.

And if you're interested in further tickets, a new batch will be available for sale from 12 May 2014 at glasgow2014.com/tickets

Find us online:

Website:
glasgow2014.com

Twitter and Instagram:
[@Glasgow2014](https://twitter.com/Glasgow2014)

Facebook:
facebook.com/glasgow2014

Image ©Celtic Bicycle Wheels / Alamy

THE ESSENTIAL INFO

Alcohol

Alcohol must not be brought into any ticketed venue. However, it will be available for purchase and consumption inside many Games venues.

Babes in arms

Children under the age of two years on 23 July 2014 will be considered 'babes in arms'. They will not require a ticket and will not be allocated a seat.

Bags

For safety and security reasons, large bags, coolbags and picnic hampers are not permitted inside venues. Each spectator can bring one small bag no larger than 25 litres (equivalent to 30 x 20 x 20 cm / 12 x 8 x 8 inches). Your bag must have soft sides and fit under your seat.

First Aid and medical services

There are First Aid and emergency medical services at all venues. Contact any member of staff in the case of illness or injury.

Food and drink

Each venue has a range of tasty food and drink available to purchase – why not treat yourself?

Information

There will be information points within all venues (excluding Road events) providing assistance for spectators. Friendly volunteers – including our very own fantastic clyde-siders – will be on hand in and around every venue, so if you need help, just ask. There'll be plenty of signposting too.

Lost and found

A lost and found service for both people and property will be available at information points. Lost children and adults at risk of harm should be reported to the nearest member of staff or volunteer.

Merchandise

Outlets selling Official Games Merchandise will be located in and around venues, as well as in the city centre.

Photography and filming

Photography and filming for personal use is permitted. All photographic equipment over 30cm in length, including tripods and monopods, is considered a Restricted item and cannot be brought inside venues.

THE ESSENTIAL INFO

Prohibited and Restricted items and actions

For everyone's safety, before being allowed into venues, all spectators will pass through an airport-style screening process for Prohibited and Restricted items. Make sure you allow time for this when planning your day.

Bringing no Prohibited or Restricted items, and following the advice of security staff, will keep the queues flowing smoothly. For faster entry, leave bags at home and have your belongings (including pocket contents) ready for inspection.

Prohibited and Restricted items are any which could be used to cause annoyance, unnecessary obstruction or distraction, offence or harm; and/or which are illegal under Scottish law.

Examples include: knives, firearms, ammunition, explosives and toxic or irritant chemicals; illegal drugs or similar substances; alcohol; glass and cans; horns, vuvuzelas or similar items; and flags of non-participating nations, causes, affiliations or organisations.

Please note that all containers of liquids, aerosols or gels – with the exception of sunscreen (200ml) and non-alcoholic drinks (500ml) must be 100ml or under in volume.

Prohibited and Restricted actions are any which are criminal or unlawful in nature, as well as antisocial behaviours which endanger other patrons or disrupt their enjoyment.

Examples include: obstructing the view of other spectators, for example by opening an umbrella in the seating bowl; letting off a firework in the seating bowl; protesting within the venue; attempting to sell goods or distribute unauthorised marketing materials; and broadcasting events without authorisation.

You should ensure that you're aware of the prohibitions and restrictions for each venue and session you're attending, as part of planning your day. So before you go, it's important to read through the full guidelines at glasgow2014.com/tickets

Re-entry to venues

Once you have presented your ticket and entered your venue, it is not possible to leave the venue and re-enter, so do make sure you bring everything you need.

Storage

Wheelchairs (unless occupying a wheelchair position) and pushchairs cannot be brought into the seating area of a ticketed venue. Pushchair and wheelchair storage is available on venue – just ask a member of staff. There are no cloakrooms at venues, so travel light and leave bulky items at home.

Smoking

All Glasgow 2014 venues are smoke free. Smoking, including electronic cigarettes, is not permitted within any Games venue. This includes any open air space within the venue perimeter. Smoking is discouraged immediately outside venues.

Glasgow 2014 Venue Regulations: glasgow2014.com/tickets

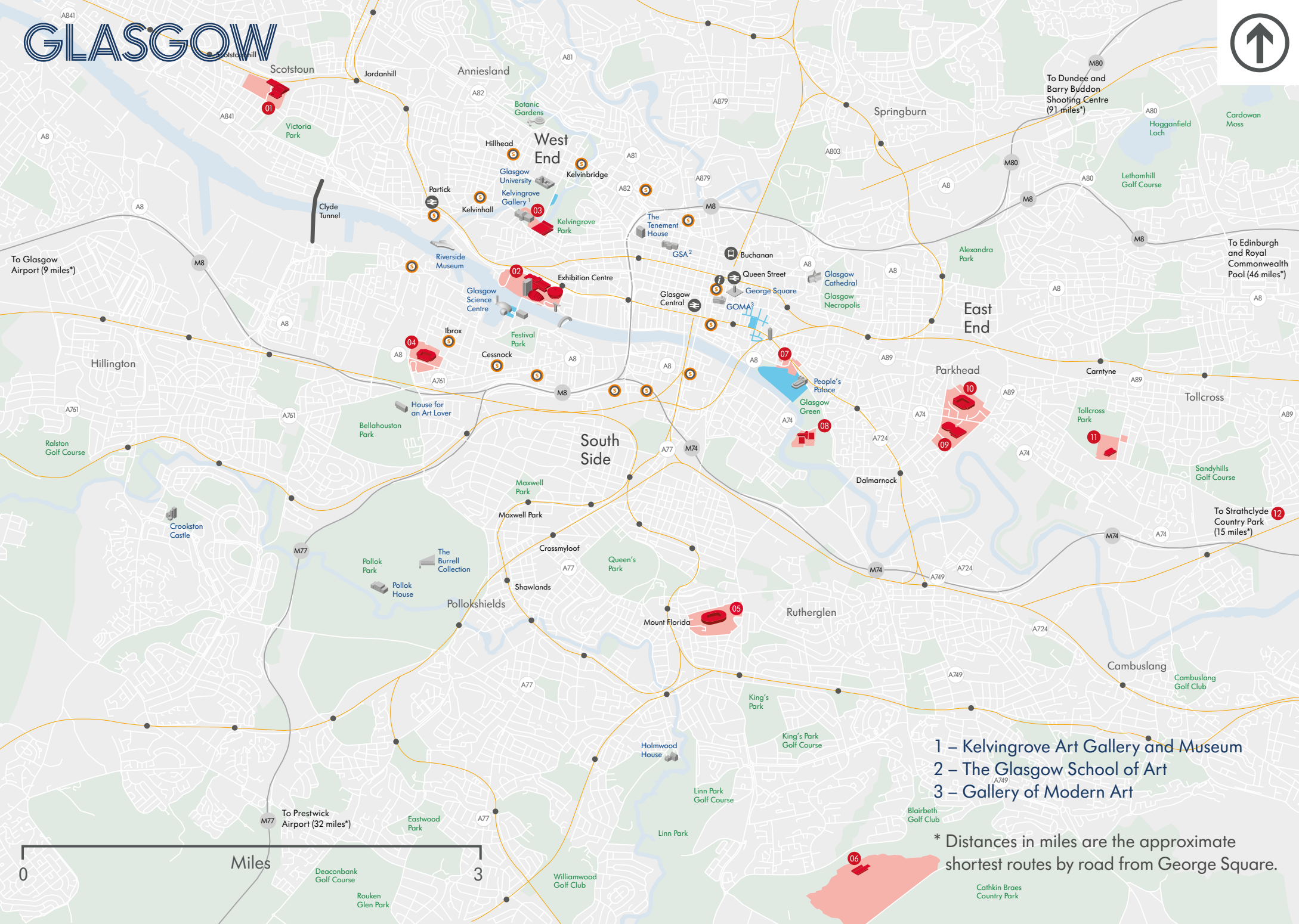
Glasgow 2014 Ticketing Terms and Conditions: glasgow2014.com/tickets

Essential Venue Guides: glasgow2014.com/venues

COMPETITION SCHEDULE

			Wed 23.07	Thu 24.07	Fri 25.07	Sat 26.07	Sun 27.07	Mon 28.07	Tue 29.07	Wed 30.07	Thu 31.07	Fri 01.08	Sat 02.08	Sun 03.08
Aquatics	Diving	Royal Commonwealth Pool, Edinburgh	●	●	●	●	.
	Swimming	Tollcross International Swimming Centre	.	●	●	●	●	●	●
Athletics	Marathon	Glasgow City Marathon Course	●
	Track & Field	Hampden Park	●	●	●	●	●	●	●	.
Badminton		Emirates Arena	.	●	●	●	●	●	●	●	●	●	●	●
Boxing		Scottish Exhibition + Conference Centre Precinct (Finals: The SSE Hydro)	.	.	●	●	●	●	●	●	.	●	●	.
Cycling	Mountain Bike	Cathkin Braes Mountain Bike Trails	●
	Road	Glasgow City Cycling Road Courses	●	.	.	●
	Track	Sir Chris Hoy Velodrome	.	●	●	●	●
Gymnastics	Artistic	The SSE Hydro	●	●	●	●	●	.	.
	Rhythmic	The SSE Hydro	.	●	●	●
Hockey		Glasgow National Hockey Centre	.	●	●	●	●	●	●	●	●	●	●	●
Judo		Scottish Exhibition + Conference Centre Precinct	.	●	●	●
Lawn Bowls		Kelvingrove Lawn Bowls Centre	.	●	●	●	●	●	●	●	●	●	.	.
Netball		Scottish Exhibition + Conference Centre Precinct (medal matches: The SSE Hydro)	.	●	●	●	●	●	●	●	●	●	●	●
Rugby Sevens		Ibrox Stadium	.	.	.	●	●
Shooting		Barry Buddon Shooting Centre, Carnoustie	.	.	●	●	●	●	●
Squash		Scotstoun Sports Campus	.	●	●	●	●	●	●	●	●	●	●	●
Table Tennis		Scotstoun Sports Campus	.	●	●	●	●	●	●	●	●	●	●	.
Triathlon		Strathclyde Country Park	.	●	.	●
Weightlifting		Clyde Auditorium	.	●	●	●	●	●	●	●	●	.	.	.
Para-Sport Powerlifting		Clyde Auditorium	●	.
Wrestling		Scottish Exhibition + Conference Centre Precinct	●	●	●	.	.	.
Opening Ceremony		Celtic Park	●
Closing Ceremony		Hampden Park	●

GLASGOW

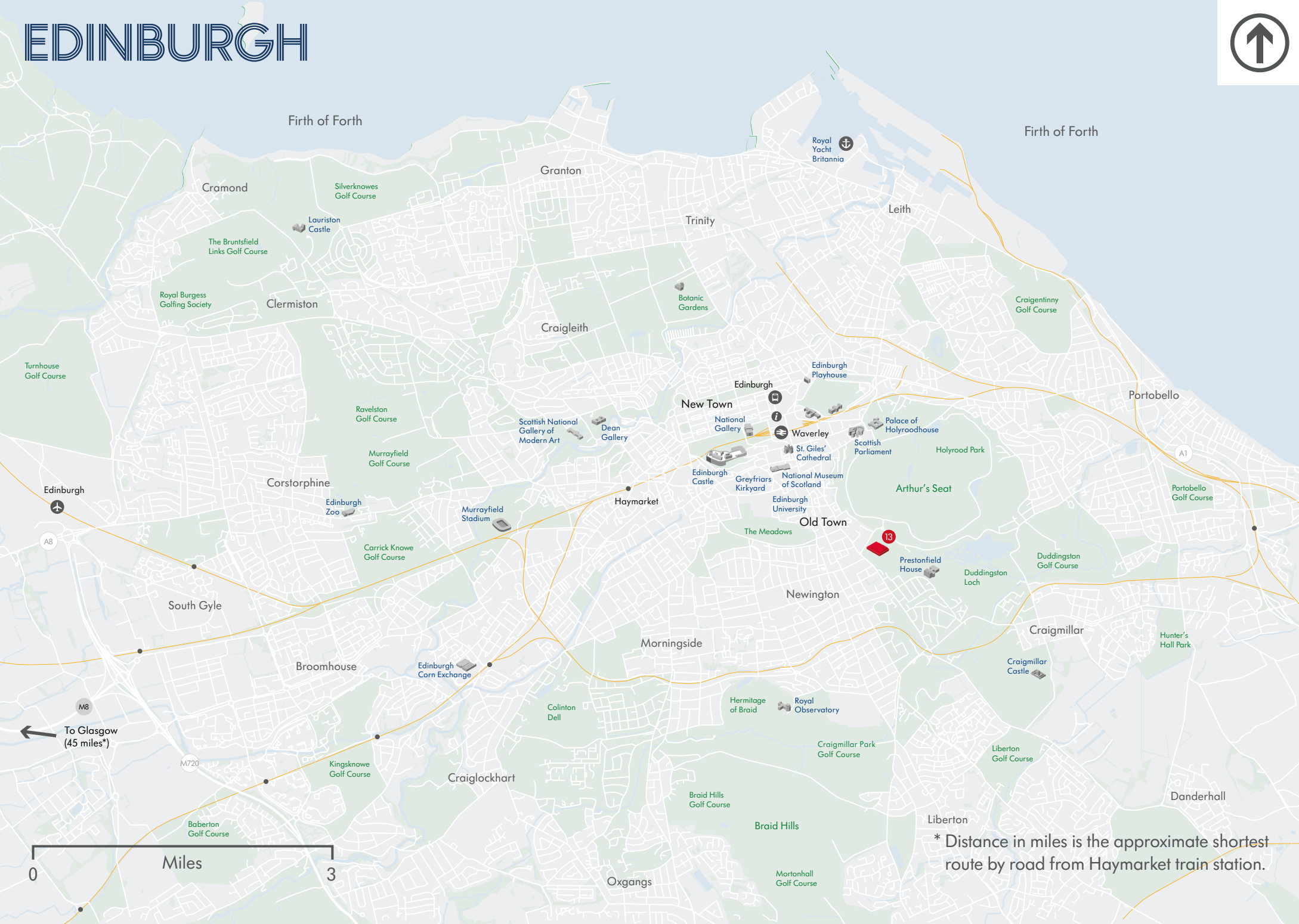


- 1 – Kelvingrove Art Gallery and Museum
- 2 – The Glasgow School of Art
- 3 – Gallery of Modern Art

* Distances in miles are the approximate shortest routes by road from George Square.



EDINBURGH



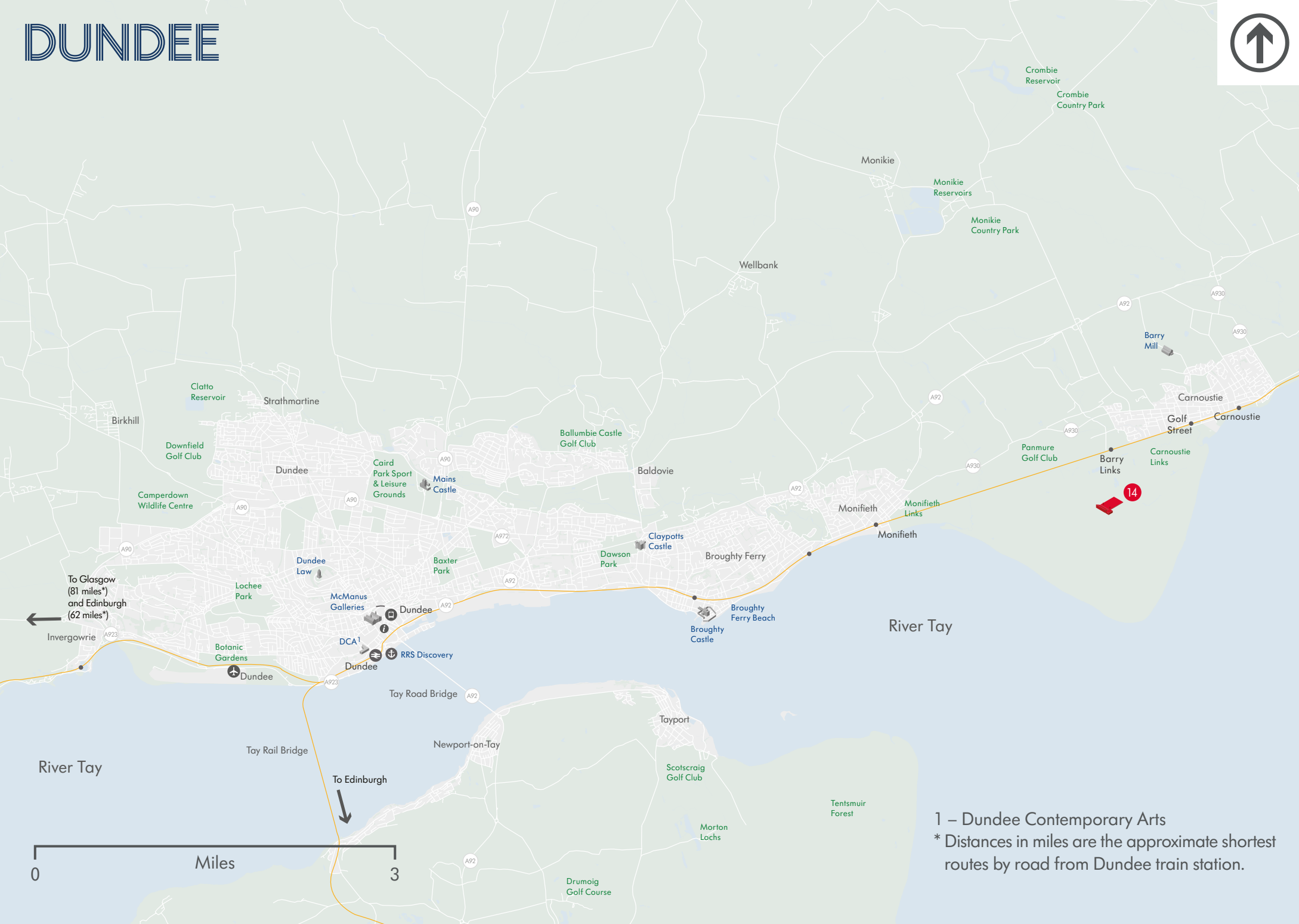
← To Glasgow
(45 miles*)

Miles

0

3

* Distance in miles is the approximate shortest route by road from Haymarket train station.



To Glasgow
(81 miles*)
and Edinburgh
(62 miles*)

Invergowrie

River Tay

0 Miles 3

To Edinburgh

River Tay

1 – Dundee Contemporary Arts
* Distances in miles are the approximate shortest routes by road from Dundee train station.

With thanks to our Sponsors*:

Glasgow 2014 Official Commonwealth Games Partners



Glasgow 2014 Official Commonwealth Games Supporters



Glasgow 2014 Official Commonwealth Games Providers



*All Sponsors listed are correct at time of going to print.

Alternative formats of this document, the Essential Venue Guides, the Glasgow 2014 Venue Regulations and the Glasgow 2014 Ticketing Terms & Conditions are available on request. Email: contactus@glasgow2014.com or call 030 3333 2014.

If you wish to use a text relay service, see www.textrelay.org



